

You are in public place and someone stops you to engage you in discussion



\*act cool but internally screaming\*

Social Anxiety from my perspective point of view.

(Sorry for my bad grammar I went to public schools in America and sorry I get sidetracked by God who gave me ADD in my assorted fruit basket of mental illnesses and coming trauma he fated me into. but also no sarcasm, he did me a solid in retrospect.)

Social anxiety is in itself its own doing. Yea, anxiety is fight or flight and the bodies response to the environment or situation or people and blah blah blah but while that information helps generally it helps little in any actual practical application, coping or overcoming.

In all truth or my truth based on my observation of my own failures and successes is that social anxiety is born from being self conscious of your self. among so many other things.

great movie, The Last Samurai. Tom Cruise is getting his ass handed to him every day while practicing wooden sword fighting with Samurai who did not go easy in practice because for one he's a captured enemy commander and a white man in the 1800's and in a not white town and word gets around but also you do not learn that way. Pain is memorable, no? glad we agree.

So Japanese dude stops Tom Cruise from his next pathetic attempt to coach him.

Japanese broken english inner voice:

"Too many mind. mind sword, mind people watching, mind the enemy. too many mind.... no mind. "

Then he tries and does pretty good before once again getting his ass handed to him because bro/sis/pronoun he's a fn Samurai if he didn't I would have turned that bullshit off in disgust.

and also because it happens. with bad social anxiety you treasure the brief moments of comfort and ability to be yourself and every moment like this is drunken or most of mine but that's not helpful for the general because it's frowned upon to be drunk all the time and you will wind up in trouble and then a judge will force you to be social sober and surrounded by people that make you publicly speak and hug them and hold hands and pray 3 times a week and pee at the justice center and it's total hell i do not recommend.

Sorry i got sidetracked but... every genuine non drunken moment of comfort in your own skin while also around people you don't know is a huge victory when most of the time is like:

\*act cool but internally screaming\*

But really social anxiety is in itself its own cause. it's like thinking "i didn't pay my auto insurance" then going out and crashing on purpose for not paying it, lol.

Maybe I will think of a better example and I'm open to suggestion for edit but..

You overthink about how people will see you, your appearance, your clothes, shoes, the way you walk, your character, the way you talk, your looks, weight, too short, too tall, too skinny, weird, your interests and all things somatic and also your persona and character so all the cerebral is on your mind as well.

And I am not sure but I would think something as complex as the human body and mind when the nervous system fires off the fight or flight response which when running away when people talk to you is not a good strategy but also fuck em meep meep like the roadrunner first, lol. fuck em. but that mentality is another topic so yea... no flight and punching them in the face for talking to you is unfortunately frowned upon... well... depending on who's face but it's illegal so oh shit... there is... not.... another.... option. fight or flight. so what happens? you freeze! stuck at the junction between meep meep and punching them in the face and it's like social paralyses and feels like hell comes up to earth and you burn in it and nobody feels it or sees it or knows but you and it's endless and you have to not act the way you feel.

good times.

so nostalgic.

oh how i missed you, haven't thought about you in a while Mr. my central nervous system and oh what unforgettable trauma and humiliation we had together. every time we hung out i could think of nothing else but reliving those wonderful times we had that day all fn night over and over ❤️ love you. but here is why you are stupid and can fuck right off.

Somatic stuff.. most is fixed by fixing the cerebral to be honest and i think a good strategy would be to

reflect upon your worst times like you probably do anyway and determine if your own self conscious overload is dominantly conscious of your outer or inner. if its mostly outer and austhetic thats different but the solution while it can assist and I've seen people remake their outer and be reborn socially and I myself lost 90 pounds in a few months but stayed the same weight in my mind and not much changed even that total reboot of your appearance is an action formed from the inner. i could post a whole ass post like this on that side of it but I will now close by trying to make sense of the oxymoronic biological function that we are cursed with having a faulty hypersensitive asshole human part that God should have recalled but oh wait he doesn't do that buyer beware as is no refund no return haha bye! no longer in business, unsupported, the box didn't say there was a manual I never saw one where is it? \*looks under the couch\* \*shrugs in don't know\*

so.. it only makes sense to me that fight or flight response switches you into primal mode and redirects your neurological bandwidth and focus away from your frontal lobe the part that runs your personality and what at the very time it just stops working is the part you need the most, haha isn't that just wonderful and switches you to not you mode. so you in an instant get a rush of adrenaline and turn from spongebob to the caveman spongebob and you stuck the duration most times and sometimes hours following and after you politely "meep meep" out of there.

and conceptually you worry about your self and think that people will not accept, get or like who you are and this triggers the above and then you can't be who you are and then do in fact guarantee rejection but not rejection of who you are but who you are not.

So really you have never been rejected for who you are and few have met who that is. don't let who you are not rule your life. hope to god this helps even a little that would make me blissful. meep meep  
\*runs away\*

